

MARCIA A. LECLERC  
MAYOR

OFFICE OF THE MAYOR

# TOWN OF EAST HARTFORD

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Dear Employee & Family Members:

Effective July 1, 2019 the Town will change our Employee Assistance Program (EAP) provider to **ESI Group**.

Your EAP offers a broad array of tools and services to help with problems that might affect your personal or work life. Just a few examples of these include:

**Marriage & Family • Stress • Legal Problems • Debt • Childcare • Elder Care • Grief  
Pet Problems • Education Planning • Scholarships • Depression • Taxes • Wills •  
Smoking Cessation • Wellness • Adoption • Substance Abuse • Mental Health • Divorce**

In addition, your EAP offers hundreds of personal and professional development opportunities, from trainings to one-on-one telephonic coaching in the following areas:

**Certified Financial Coaching • Balancing Life at Work & Home • Resilience • Effective Communication  
Home Purchasing • Student Debt • Yoga & Relaxation for Beginners •  
Workplace Conflict • Retirement • Succeeding as a Supervisor**

**Your EAP also provides a comprehensive Wellness Coaching benefit designed to help you tackle issues that are most detrimental to your overall health and well-being. The program includes assistance with: losing weight, improving nutrition, getting fit, stopping tobacco use, and reducing stress.**

To access your EAP, simply call the **toll-free number 1-800-252-4555 or 1-800-225-2527** to talk with a counselor or coach who will work with you to address your issues. You can also visit your EAP online at [www.theEAP.com](http://www.theEAP.com) for thousands of problem-solving resources and self-help tools.

**Your EAP is a free benefit and your confidentiality is assured.** No information about your use of the program is given to us as your employer unless you sign a release of information authorizing this. If you have personal difficulties of any kind, we encourage you to take advantage of this no cost, confidential benefit.

Sincerely,



Marcia A. Leclerc  
Mayor, Town of East Hartford

